

STUDENTS FOUND NEW PUBLICATION



What we talk
about when
we talk
about...

Sex

By MIKE KNAPE

In the timeless words of 90s rap duo Salt N' Pepa, let's talk about sex, baby. At least that is what ASUPS' newest club, currently known as the Puget Sound Sex and Sexuality Publication, wants us to do. The club hopes to publish an erotic art magazine once a semester starting this spring, along with a supplemental blog.

"With the tangible, physical magazine we're looking for a balance between visual art and literature," Co-president Anya Callahan said. "We want to give a realistic portrayal of what sex is. It's not about domination or force. It is about love and beauty and all of the beautiful things that come from our sexuality."

The project is the brainchild of Callahan, Ruby Aliment and Megan Chambers, all of whom are seniors with minors in Gender Studies. The club was officially recognized as an ASUPS club on Dec. 1 and had over 35 students attend the first meeting.

"Our goal is that this publication is open to anyone interested in sex. I want to really paint a picture of our sex here at Puget Sound. Physical, emotional and spiritual sex," Aliment said. "I think another purpose of this magazine will be to highlight the existence of the Gender Studies department."

English professor Alison Tracy-Hale is the club's advisor, because Gender Studies is not offered as a major and, therefore, technically does not have any designated professors.

It is among the club's goals to become a campus medium like *The Trail*, *Cross-currents* and *Elements*. That is a three year process, however, and the club is still working on securing funding for this spring. The club plans to request funding from ASUPS and other campus departments like Multicultural Student Services.

"We want this publication to stay around, so we want to take our time and

have it come naturally," Callahan said. "If ASUPS gives us funding, we'll be working with them to ensure that what we publish is something they feel comfortable supporting."

The club plans to solicit content from the campus community at large, with the option of submitting anonymous work. They are also hoping to be able to host video content on the club's blog.

"Our requirements will be to be honest, be respectful, and not to be vulgar, which does not equate to 'do not be explicit.' We are not trying to censor, but we are trying to be respectful to everyone on this campus," Chambers said.

Publishing sexually explicit content raised some concerns from ASUPS representatives in their Senate approval, although the club is following precedent from across the country. The club points to Harvard University's H-Bomb and Columbia University's C-Spot as inspiration.

"We've been in communication with editors of those publications, and they were super enthusiastic about what we're doing," Chambers said. "We had some people at our ASUPS meeting that were concerned about the perceived 'liberal-spin' of this publication. Yet while this is a progressive publication in that it is inclusive and that there is no public place for the dialogue, it is not a liberal publication. If you are a conservative and having sex, we are happy for you."

Callahan offered a slightly different perspective on a possible backlash.

"If people do have a problem with us, then don't read it. Just like if you don't like the Sound, then don't listen to it. I think there might be a few people on campus that like sex, or are at least interested in it," Callahan said.

"We wanted to start an open, comfortable and safe discourse for these topics on campus because we feel that they are often silenced, ignored or only depicted in mass media representations that can be damaging to individual identity."

S.U.B.'s dearth of gluten-free options prompts negotiations

By KRISTIE DUTRA

Concerns about food allergens in the S.U.B. have prompted a handful of students to begin organizing a group that will work with Dining and Conference Services to negotiate gluten-free options. Carolea Casas, a freshman, is leading the effort to change the way our food service operates.

The issue is complicated for Dining and Conference Services (DCS) because people tend to have combinations of dietary restrictions rather than single allergies. Casas, who is gluten-intolerant, is also lactose-intolerant and cannot eat animal products. When she decided to attend Puget Sound, she was under the impression that her needs would be met. A University representative promised a variety of gluten-free, vegan options.

"He told me all I had to do was let them know and it wouldn't be a problem," Casas said.

Casas was also accepted at Seattle University, and when she visited the school's cafeteria, she was amazed by the wealth of choices. She assumed, based on what she was told, that Puget Sound would be similar.

"The promise of gluten-free, vegan options was a really big factor in my decision to attend Puget Sound," Casas said. "The school should be honest with prospective students."

A lack of awareness, rather than dishonesty, may have been at the root of that false advertising. Celiac disease awareness is relatively new to DCS. Assistant Director for Dining Services Melissa Flood said that only in the last six to eight months has there been any kind of focus on gluten-free food. "This is a major shift in food service," she said.

Flood recently added two new vendors—United Natural Foods, Incorporated (UNFI) and Flying Apron—to supplement service from longtime supplier Udi's Gluten Free Foods. Several students have complained about the high cost of the these products, but Flood says the University has little to do with the price.

"We're not marking them up," she said of Flying Apron cookies. "I was just looking for something nice—a treat."

There are few broadline distributors of gluten-free products in the Puget Sound area, and Flood said it is not feasible to buy single items from the grocery store. She looks for vendors that are local

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and sustainable, but such companies are few and far between.

The reality is that gluten-free food is much more expensive when it is not prepared at home. The procedure for serving gluten-intolerant students involves more time, extra supplies, extra packaging, special equipment, separate storage and special ingredients.

“Ideally we would have an allergen-free station,” Flood said. But that’s unlikely because it would require a total renovation of the S.U.B. and a special allergen-free kitchen. “There’s a difference between gluten-free offerings, which we have, and a gluten-free environment, which we do not have,” she said.

Despite DCS’ efforts, Casas is seriously considering moving to an off-campus house for the second semester of her freshman year. She is tired of eating expensive, lackluster meals in a dining facility that is often unpredictable. There is no way to opt out of the mandatory meal plan for students who live on campus, and many of the dorms do not have kitchen facilities that are convenient for regular meal preparation.

“I’m lucky because my parents taught me everything they know about cooking,” Casas said. “Most students have had their food pre-

pared for them for 18 years and have no idea how to do it.” If the University continues to insist on assuming this parental role, DCS will have to adjust its practices for a world where serious food allergies are commonplace.

Many S.U.B. student workers still are not aware of the procedures for serving people who have celiac. The lines jam up easily when a S.U.B. worker has to be walked through the process, or when the server has to dig up an ingredients list to find out if the broth used to cook the entrée was gluten-free.

Ted Oja, a gluten-intolerant freshman, said he has experienced the effects of consuming gluten after eating a S.U.B. meal that he thought was gluten-free. Casas expressed a distrust of the gluten-free menu icons, which she said are not always correct.

Flood admitted that a breakdown exists in the communication chain, but she is not sure where.

“Bear with us,” Flood said. “We hear you, we understand; but it’s like turning a ship around. Change like this is incremental.”

Suggestions for improvement include making DCS more accessible through social media, better training for S.U.B. student workers and online menus searchable by any combination of dietary restrictions.



ASUPS PHOTO SERVICES/DANIEL PENDLETON



PHOTO COURTESY /ALLEN WARD



PHOTO COURTESY/ MEGAN CHAMBERS

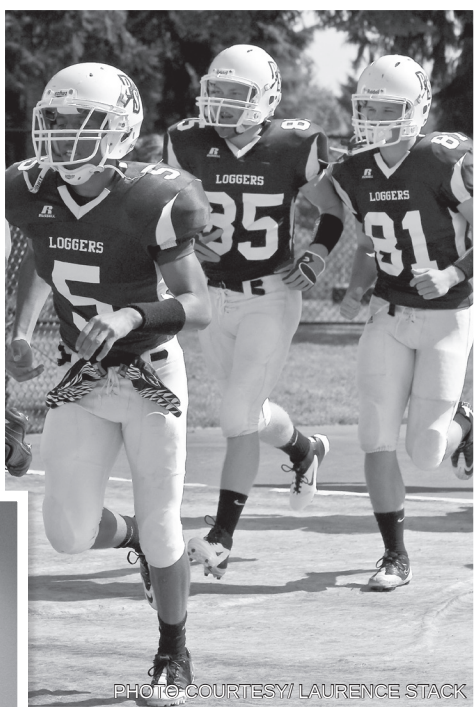


PHOTO COURTESY/ LAURENCE STACK

A Semester in Photos:

- Top:** Students at LogJam register for clubs to find new niches.
- Middle-left:** The new Health Sciences Center, Weyerhaeuser Hall, opened at the beginning of the semester.
- Middle-right:** Football players enter the field for their game against Occidental. They did not win a game this season.
- Bottom:** Students participated in the 10th annual Town Crier speaks festival.

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SECURITY REPORT

The following incidents occurred on
campus and were reported to Security
Services between November 29 and
December 5:

Drug Violations

• During the week Security responded
to two complaints of marijuana use in a
university residence halls. Students were
contacted in one of the occurrences.

Alcohol Violations

• There were no alcohol policy violations
reported during the week.

Malicious Mischief/Vandalism

• Several vehicles parked on Union Ave.
near university housing were found
covered with a white powdery substance
believed to be flour.

Reported Thefts

• During the week three bicycle were
reported stolen. All three were secured
with a cable style locks.

• A student reported his vehicle was
broken into while it was parked in the

N.18th and Lawrence lot. A snowboard
was taken from the vehicle.

Recovered Property

• The flute reported stolen last week from
the Music Building has been found. The
student found it in his room and believes
it was not stolen.

Crime Prevention Tips

• It is highly recommended that
VEHICLES ARE NOT LEFT ON
CAMPUS during the semester break. If
you choose to do so, you MUST contact
Security Services and register it for
winter break parking.

• Never, ever, leave valuables in your
vehicle. Doing so attracts thieves.

• Do not leave personal property
unsecured or unattended on campus.

• Always lock your room and windows
while you are away and asleep.

Report courtesy of Todd Badham,
Director of Security Services.

THE PUGET SOUND TRAIL

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The Trail is an independent, student-run organization funded by ASUPS. The Trail seeks to produce a credible weekly newspaper that serves as a comprehensive source of information relevant to its readership. The Trail acts as an archival record for the university, serves as a link between Puget Sound and the greater Tacoma community and provides an open forum for student opinion and discourse.

Black Friday encourages violence amongst shoppers

By CAROLEA CASAS

Since I was old enough to spend my allowance on Christmas gifts, my mother and I have gone Black Friday shopping. Personally, I've always found the idea more exciting in theory than in action.

I never know what I'd like to buy my friends and family by Thanksgiving. Christmas may be my favorite holiday, but it's still a ways away from Thanksgiving, especially for someone who stresses over spending money as much as I do. I have to really want something to make the purchase. And if it's for someone else, it had better be perfect. Needless to say, tradition or not, my mother and I have never been women that join the masses of people camping out in parking lots for days in advance to procure a toaster oven at 50 percent off.

Even this year, as my mother and I arrived at a Target in So-Cal ten minutes after midnight, only to see the longest line we'd seen in years, we were in the store less than ten minutes later and had absolutely no problem politely finding and paying for our discounted products.

It may seem strange that I chose the adjective 'politely.' It isn't, I assure you. I may not understand the dedication, but if it pleases, I have no problem with people I don't know spending their holiday in a tent. But in my 17 years of acquired wisdom, I've never seen fit to abuse the absurdity of the holiday with violence.

Yet the next morning after naps and snacks, I sat on



Mob Scene: Shoppers storm U.S. retail outlets, taking out anything or anyone who gets in their way.

the couch with my family—puzzled, amused and a little shocked as the local news revealed that a woman (aptly labeled by authorities a “competitive shopper”) had pepper-sprayed 20 shoppers to get to the Xbox section of a Wal-Mart.

LAPD, after reviewing surveillance tapes and speaking with eyewitnesses, has recognized the possibility that mob mentality and a fear of being trampled may have driven the

woman to attack unsuspecting holiday shoppers. However, it seems likely that her intentions were simply to get her hands on a gaming console, considering that she grabbed one and made a bee-line for the cash register as those around her fell.

The Black Friday madness doesn't stop there, though; 226 million people shopped this year. According to a report by Hayley Phelan on Fashionista.com, one of those people was shot and mugged for his pur-

chases, one was stabbed outside a Macy's, and one suffered death from heart-related problems, only to be stepped over by his fellow shoppers.

At a Wal-Mart near Little Rock, Ark., a mob of entranced shoppers beat their way through to a display of \$2 waffle makers. A video of the incident released on YouTube shows shoppers clawing and kicking and pulling at one another, audible squealing and screeching coming from

the throng. One woman with her back to the camera even seemed to be losing clothing in the struggle. Near the end of the 48 second clip, she can be seen—pants half down—absconding with at least four of the coveted waffle makers. I ask: Why in God's name does your kitchen need four of those? It would seem by the size of the crowd that the woman's friends couldn't possibly need them as gifts, as all of Arkansas appeared to be there.

Even the commercials for Black Friday seemed overly obnoxious this year. I have seen very little television since moving to Tacoma, and I can't say I was overjoyed to see the weepy, neurotic depiction of a Target shopper gearing up for the big day that formed the backbone of the corporation's Black Friday campaign. The red track-suit clad crazed shopper almost made me want to skip Target's sales altogether.

I hardly see the need for these shenanigans. You need a waffle iron? Buy one. But don't punch your neighbor who lives three doors down in the face so you can grab a third one before she does. Your son really wants *Skyrim*? Great. Order it on eBay or just opt to leave the pepper spray at home if you feel you can't control yourself. Thinking about shooting a man so you can have the six waffle irons he just bought? Go apply for a job and you can buy your own. And for goodness' sake, someone stop airing those obnoxious commercials.

They are awful.

Atheists target of discrimination

By ZANE MULLER

I consider myself an atheist. Without venturing too far into hairy cosmological territory, suffice it to say that I think atheism is a more robust position to take than agnosticism, as it closes the backdoor cop-out of 'maybe' and allows one to free-fall through the existential rabbit hole with minimal drag.

Holding this view (and publishing it) pretty much precludes me from being able to run for all but a very few pub-

lic offices in the United States. Representative Pete Stark of California is the only member of Congress to come out as 'openly' atheist, ever; to put that in perspective, there have been six congressmen who are openly gay.

Why are there hardly any atheists in office? Because so many Americans view atheism with suspicion, if not outright hostility. In a 2006 study, over 40 percent of respondents described atheists as a group that “did not at all agree with my vision of Amer-

ican society.” Of course, some states go so far as to codify the prejudice. The Texas state constitution, for example, denies anyone who does not believe in God the right to run for public office, and six other states have similar provisions.

People often conflate godlessness with immorality, but there's something to be said for acting ethically without guarantee of ecclesiastical prizes. The carrot-and-stick arrangement featured in

SEE ATHEIST PAGE 4

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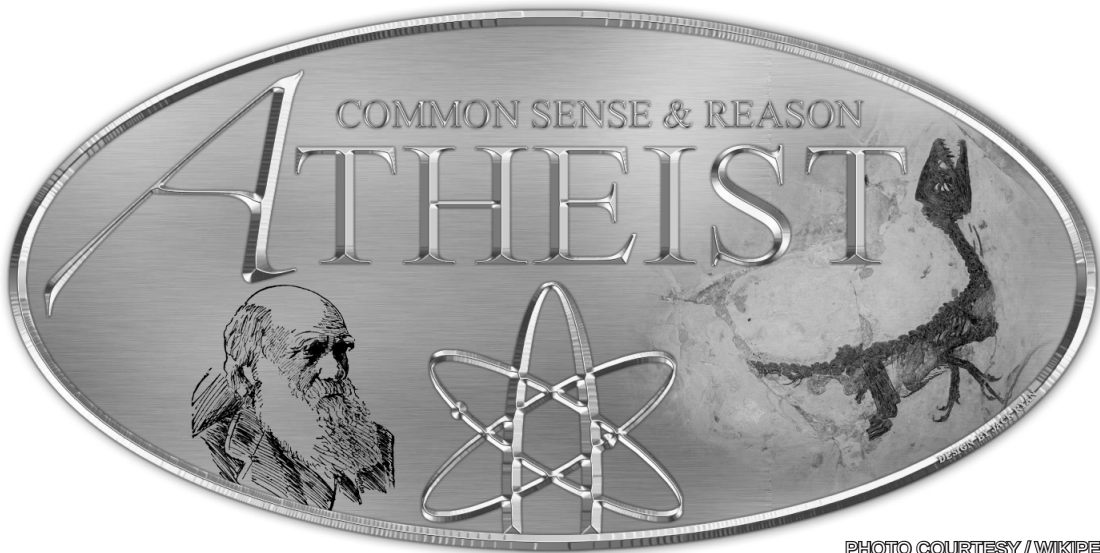


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Prejudice: Non-believers for too long have been ostracized and marginalized by mainstream society.

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ATHEIST
CONTINUED FROM PAGE 3

most western religions seems to me to be as much about compelling people to behave as teaching them right from wrong.

It may seem churlish to claim that atheists face discrimination in a society that broadly guarantees freedom of religion. But discrimination exists even where it is not codified—ask women, racial minorities or non-heterosexuals. The fact that so many atheists are unwilling to advertise their beliefs points to the sort of slippery prejudice that characterizes oppression by a silent majority.

This needs to change. The more atheism becomes mainstream, the closer we will be to a world where values and policies reflect reason and humanity more than habit and superstition. Happily, atheism is on the rise, as is tolerance of it—a 2009 survey of religious identification found that in the prior 18 years, people claiming “no religion” was the only demographic group to have grown.

But while the needle is moving in the right direction, an insurgency of dead ideas persists. It’s an egregious hypocrisy for a nation founded on the separation of church and state to position itself ‘under God’ in its pledge of allegiance. Even religious people should find it obscene that science takes a back seat to dogma in so many public school science and sex-ed classes.

So if you don’t believe in a supreme being, say so, and not just in front of your stoned, queer-loving left coast compadres. If you want to change attitudes on a large scale you can’t be content to lurk silently on the fringe and bask in the smug concurrence of the like-minded.

Societal expectations to blame for college dropouts

By CHELSEA NOACK

It seems like yesterday when, at this time of year, I was 17 and sending applications to various “dream” colleges so I could leave high school as quickly as possible. Yet now that I’ve arrived, I’m seeing more and more of my friends packing their bags and dropping out of college before their junior year has even started so they can explore the world outside the Tacoma bubble.

But why drop an education so quickly? How has something so precious become so underrated in an American society that needs an educated youth?

The problem lies within the misconception of a college education. Our culture and our parents forced us to believe that college must happen immediately after high school, and some students are finding that they’re just not ready.

There are various authors, artists, icons and revolutionaries who have dropped out of college or not attended at all, thus influencing our generation to follow in their iconic footsteps (Jane Austen, Sean Parker, Humphrey Bogart, Stanley Kubrick, Walt Disney, Albert Einstein...the list goes on). And admittedly, those icons found amazing success all by themselves.

Consider the “20 Under 20” fellowship created by Peter Thiel, the co-founder of PayPal and an early investor of Facebook. Thiel grants \$100,000 to 20 above-and-beyond scholars who drop out of school for two years so they can create their own businesses—most of which are technology-based.

This idea stems from the belief that a higher education has become overvalued. When one plays into the risky business of an entrepreneur instead of facing the four year pile of debt, they are presumably better off. While this is an alluring idea, especially when looking at the history of the most influential people with little to no higher educational background, it still isn’t promising.

If Thiel is doing this in hopes of finding another Steve Jobs, the amount of pressure on those 20 scholars will be uncompromisingly high. Not to mention that every success will be what those scholars make of it, and the fact that Thiel hopes to push for technological innovation creates boundaries for students who want to use that time and funding for something just as spectacular, but not necessarily technology-based.

Another way to look at the foundation is that it gives a greater emphasis to the type creative thinking that brings innovation to the world. But isn’t that what we’re in school for? It seems that the concept of an education has become disenchanted by the hefty amounts of homework and limited freedoms associated with a week-by-week schedule. Students begin to detest the classes they used to love simply because they’ve become dragged down by the workload.

In other words, the excitement to learn in a collegiate atmosphere has, for a growing number, slowly waned.

But that’s not to ignore the other reasons that students are dropping out. Besides unfortunate circumstances such as health or personal issues, there is the financial aspect. As indicated by the Pew Research Center, 48 percent of students who have dropped out say that increasing student loan debt had was a major factor.

When it comes down to it, maybe our culture and our parents are to blame. We are fed and bred throughout high school with the prescribed goal of attending a college, getting a degree, finding a job, experiencing some life, getting married, and then creating that same life for our children. But I would like to believe that the students at the University of Puget Sound have generally risen above the ‘Little Boxes’ system that ensures we will all end up in suburban homes with only sweet, intellectual memories left behind.



PHOTO COURTESY / WIKIPEDIA

Over it: Students headed straight to college may not be prepared.

If anything, high school students should know that it is okay to take a year or two off before an education. It should be taught from college representatives and especially from parents that attending college immediately after high school is not crucial or mandatory. If not, stu-

dents may become enthralled with the idea of traveling and working on a farm instead of cramming themselves up in a library for a course for which they were not prepared. With this change in perception, the future of America could look very different indeed.

Interracial marriage ban indicative of lingering racism



PHOTO COURTESY / WIKIPEDIA

Unacceptable: Kentucky church expells all interracial couples.

By ANDREW LUTFALA

On Nov. 27th, Stella Harville and her fiancé, Ticha Chikuni, were disavowed by their church because of their status as an engaged interracial couple. Once again, hypocrisy reigns supreme as the radical fringes of Christianity use their power to enforce racist dogma.

Members of the Gulnare Free Will Baptist Church in Kentucky controversially voted to ban interracial marriage after Melvin Thompson, the former pastor of the church, approached the congregation with the resolution. As approved by the church, the resolution states that the church does not condone interracial marriage and “parties of such marriages will not be received as members, nor will they be used in worship services and other church functions, with the exception being funerals.”

Each and every member of the Gulnare church who voted in favor of the resolution is a bigoted racist, even if former pastor Thompson states otherwise.

“I am not racist. I will tell you that. I am not prejudiced against any race of people, have never in my lifetime spoke evil [about a race],” Thompson said earlier this

week in a brief interview. “That’s what this is being portrayed as, but it is not.”

Thompson’s ignorance is appalling. Apparently he is misinformed as to what racism entails, otherwise he wouldn’t be so adamant in his denial of the term being applied to the church’s decision and his involvement in the situation.

Despite his unconvincing denial, Thompson is in fact a racist. It is evident to anyone who understands that to be racist is to discriminate against a person solely based on his or her racial identity.

The Gulnare church has allowed Ticha Chikuni’s race to be the determining factor in their acceptance of his impending marriage with Stella Harville, and in doing so, has discriminated against Chikuni as well as all future interracial couples who may attend the church.

The church’s actions are completely unacceptable and are based on backwards ideology rather than actual Christian values.

Any institution that would call itself Christian and yet allow this kind of blatant intolerance undermines the faith’s core beliefs and furthers the public’s negative perception of the entire religion as being rooted in hypocrisy and dis-

crimination.

Acceptance has always been a core tenet of the Christian faith, despite 2,000 years of corruption within the Catholic church and centuries in which the Protestant churches and their American offspring supported racism as having been based in true Christine doctrine.

The modern Church has denied such racial discrimination, which is why the actions of the Gulnare church are so shocking and disconcerting.

Not only is the church hypocritical in belief, but also in name.

The “Free Will” church certainly denies its congregants the ability to choose their life partner, and as a result perpetuates the old flames of racial intolerance that once dominated American politics.

In this day and age, with President Barack Obama having been elected into office, one would hope our society has progressed to the point that this racism would seem obtuse and outdated.

Our society should have moved past this by now. Sadly, racial discrimination still exists, and we have the Gulnare Free Will Baptist church to thank for reminding of this unnerving reality.

The Combat Zone is intended as a satirical work. The views and opinions expressed by the Combat Zone do not necessarily reflect those of the Puget Sound Trail, ASUPS, concerned parties or the University of Puget Sound. Please submit compliments or complaints in the form of letters to the editor.

CZ editor assigns Greek Life article

Writers out of original ways to mock Frats and Sororities



By ED SIZZURPHANDS

Citing the as-of-yet-unmet quota for one Greek Life article per semester, Stumpy Joe Dargoniw, editor of the Combat Zone, assigned his writing staff an article aimed at the flaws of Greek Life at Puget Sound.

In the ensuing brainstorming

session the writing staff could not help but avoid running over easy, stereotypical articles with pieces on reckless drinking and drugging. The writers almost wrote "Sorority Girl Officially Holds Hair of all Puking Sisters," and later "Drunk Bros Fight, Pass Out, Spoon as Alcohol Takes Hold" but decided both were really predictable, and neither

of the articles did justice to Greek alcoholism.

The writers then turned to reckless sex and were halfway done with "Why Bros Show their Junk in Odd Places" before "Drunk Sorority Girl Defies Tradition, Earns Respect from Frat Boys Before Putting Out" changed up the game.

But of course, how could this group of young writers respect themselves if they did not at least give due to that subtle mystery of initiation: "Phi Delt Bating Practice. Just for Baseball?" and "Who Turned Off the Lights? Boy, That Flashlight is Cold," which would have been undercover investigations into the initiation system over the course of four weeks. But no writer was interested in putting his own ass on the pledge line.

High-brow ideas like, "Socrates does kegstand" or, "Greeks facing beer austerity measures" were also discussed and eventually passed up.

The writers then began to probe

into the deeper questions of Greek life. For instance, writers questioned why Greeks would devote time and money to something that actually achieved nothing. Is \$600 better spent on several well-connected friends or on 40 idiots who, like children, follow you blindly, giving you a bloated sense of your own power and importance?

Do Greeks really think that the connection they have with members in their house will get them more jobs when almost all-adult business owners know the negative stereotypes of the Greek world? Or who, who in God's name, sells roofies to frats?

Ultimately, the writers were completely stumped by these questions, mainly because they could find no logic in the action of the subjects they attempted to describe.

Once out of jokes, one writer took the initiative to write what he described as "a meta-article, or some bulls*** like that. I don't care."

Midnight Breakfast should be at 7 a.m.

By PEARL KNUCKLESON

It's the end of the semester, and that means a number of things for the Puget Sound community. Papers need to be written, tests need to be studied for and reading period needs to have at least two awesome parties. This year, however, sees the return of the infamous "Midnight Breakfast," and I, for one, am outraged.

Let me explain the ways that Midnight Breakfast is straight-up stupid. First and foremost, it's breakfast at midnight. Not only is it a deliberate attempt to shock the students into thinking that eating breakfast at midnight is "cool" and "hip," but it's also not that inspired. Getting drunk on warm Natty Light and shoveling breakfast food down one's gullet already existed before Midnight Breakfast. It's called "going to Denny's." Doesn't sound that fun now, does it?

However, I find many of the other events at Midnight Breakfast to be interesting, so my solution for fixing Midnight Breakfast is simple: Change the time from midnight to 7 a.m. Research has proven that a majority of Western civilization believes that breakfast food should only be eaten between 7 a.m. and 10 a.m.

One of the added benefits of moving Midnight Breakfast to the morning would be a smaller number of drunken students. Granted, there will always be drunken students at these events, but this change would both weed out the amateur drinkers coughfreshmen-cough from the true partiers.

In conclusion, Midnight Breakfast would be better off for everyone involved if it was moved to the morning. That is, unless the campus community is okay with Puget Sound being known as "The IHOP Institute of Midnight Breakfast and Poor Decisions."

LoggerLeaks tapes reveal secret plan to bring campus closer to the "real world"

By VONNIE KEATSGUTS

The network LoggerLeaks has just revealed to the press audio files containing what analysts believe to be a conference between University President Ronald Thomas, Dean of Students Mike Segawa and at least two other school officials. The conference seems to be discussing plans for moving the entire campus "closer to the real world that most people actually live in." The following is a partial transcript of that conference:

RONTHOM: All right, all right, settle down. We've got a lot to discuss.

SEGAWA: Can I propose something? Any students that lock their bikes to a handrail should then in turn be chained to that same handrail for seven days. Each day, four midgets will

RON: No, Segawa. No. Just...stop.
SEG: Was it the midgets?

RON: Shut up, Segawa. OK, look. I called this meeting for a reason. We have things to discuss.

ALL: Tell us, fearless leader!

RON: You've all heard of the Puget Sound Bubble, right? The basic idea is that northern Tacoma has a very poor reality weathered face-to-Chaco tan ratio. Therefore, Puget Sound students tend to stay entirely in the area in and around campus. Sometimes they take trips to Capitol Hill or that big-ass mountain. But all the same, they learn nothing about the real world around them.

OFFICIAL ONE: Sure, sure.

RON: Well, ladies and gentleman, I propose that it's time to change that.

OFFICIAL TWO: Mandatory volunteer programs?

ONE: Gentrify Tacoma?

SEG: Midget porn?

RON: SEGAWA.

SEG: Fine...

RON: No, no, no. None of that at all. What I'm proposing is that we relocate campus. Take it, in fact, right in to the middle of the dreariest slum we can find. All of us need to experience a little something different, I think.

ONE: Why is that going to make them go out more?

RON: I figure they avoid Tacoma as much as humanly possible, right? So, if we make the conditions even worse, it might get so extreme that'll it come right out the other side, and they'll go out ALL THE TIME!

TWO: Bravo!

ONE: To...a slum? Where? How?

RON: Open to suggestions on that one. I tried consulting our Philosophy department, but I didn't get much. They said the campus is merely the projection of the idea of campus. Something about signifiers and referents. They called it semiotics, or something.

ONE: The Jews are known for sub-

jective projection upon the nature of reality. It's kind of like a Woody Allen film...

RON: Right. Well, the Philosophy guys said we need to put the campus on a trolley, and have the breaks fail. Then, we run over one person to save five, and we've done it. That field is rather limited in the practicality department. But, yeah, I think we'll look in a different direction. Anyone got something?

ONE: Nada.

RON: We'll work on it. Look: it comes down to this. I love Puget Sound, and I love Tacoma. But our students are simply too far removed from the real world. They need to see for themselves what things are like. This was the best mode I could imagine for allowing them that chance. Things might be dandy for them, but they need to see how the little man is struggling.

SEG: Did someone say "little man?"

At least one person on a phone every effin' moment of dinner

By BARTLEBY SCRIVENER

On Monday, over dinner with friends, junior Emmett Tillamook came to the realization that not a minute passed without one friend of his looking at a phone. The epiphany was followed a further feeling of disconnection with his fellow humans.

The dinner, which occurred on the second story of the S.U.B., began with actual human interaction: Emmett regaling his three friends with a story about running into his ex-girlfriend at a party. The 'vibes' between the four friends were reported as "good".

But that would soon change.

As Emmett's story neared its climax, Emmett "saw Miranda [Kunstmann, junior], out of the corner of my eye, pick up her iPhone," Emmett said. "She gazed into it, removed from the story and the human world around her. Lost in the dull white glow that bled out onto her face."

When Emmett told the punchline his two other friends burst out in laughter. Miranda, still looking at the phone, gave a half-interested chuckle

while typing. Emmett was not sure if she was laughing at his story or at the text she read.

Miranda proceeded to place the phone on the table. "She started giving us context for the message she just got," Emmett said. "[Miranda was] talking about how Robin is this and that and blahblah. And, as if on cue," the moment the glow disappeared from Miranda's iPhone, Johnny Spicolini, junior, "reached into his pocket in haste and started reading a text message on his phone."

For the rest of the evening, Miranda, Johnny and Rebecca Gould, junior, continued the dance of reading text messages, turning the four person dinner into a revolving three person conversation, with none of the conversations beginning or ending with the same set of listeners.

"I don't want to seem like a holier-than-thou guy, but if my phone vibrates during a conversation, I figure it's not important enough to disengage form he person right in front of me," Emmett said.

As the dinner came to a close and the four friends lifted up their

trays and stepped out of the booth, "I looked over on the other tables of the S.U.B. and realized that one person at every table was looking on their phone. It's more disheartening and terrifying than the realization of eternal return!"

Emmett has said that ever since his discovery, he "feels out of place in this digitalized world, where the far-away and trivial are more important than the here and now, and people create bubbles around them and dig deeper into public displays of narcissism."

Despite Emmett's apparent disheartened feelings about the dinner, his friends think he is overreacting as he always does.

"Emmett's a bit of a drama queen," said friend and texter Rebecca Gould, putting her Blackberry back into her purse. "He grew up in rural South Dakota and is a philosophy major. He has his etiquette and principles, which is endearing, but it can be a bit much some times...What was the question again? Sorry, I had to text someone about a group project meeting two days from now."



PHOTO COURTESY/ASHLEY KARDIAN

Driven to Distraction: The girl on the right is now disengaged from the warm human interaction known as "Shooting the breeze."

Medical Marijauna:

By CONRAD WHARTON

Located just a few blocks away from the University of Puget Sound, the Cannabis Club Co-op serves the needs of medical marijuana patients on Tacoma's North End, including some Puget Sound students. Despite the ambiguous legal position of the co-op relative to federal laws, it is open for business and is increasing in popularity.

The Cannabis Club Co-op, as the name indicates, is not a dispensary but a cooperative. As of May 2011, dispensaries are no longer legal in Washington State. This is a result of Governor Chris Gregoire's choice to veto measures designed to clarify state laws regarding medical marijuana.

Previously, dispensaries were allowed to serve one patient at a time. Dispensaries interpreted this to mean that they could serve patients back-to-back, but the Governor's veto meant that providers would have to wait 15 days between patients. The change in law has given greater prominence to co-ops like the Cannabis Club, which now have a legal advantage over regular dispensaries.

The Seattle Times reported, "Over the past decade, some nonprofit co-operatives in Seattle have served thousands of patients, typically under the radar or with tacit approval from authorities. Such operations rely on the fact that while patients must grow their own marijuana or designate someone else to grow it for them, nothing in the law said they couldn't grow those plants together."

In order to serve as many people

as possible, co-ops require patients to sign in when they arrive to purchase marijuana. As a temporary member of the co-op, patients select their strain of weed or flavor of edible, hand over their cash and sign out again.

The dispensary offers a Baskin-Robbins-like array of marijuana strains, with over 30 varieties listed on their website. Prices range from \$5 a gram for less potent strains to \$12 a gram for more premium varieties, with most strains costing around \$10 a gram—slightly cheaper than street prices. Edibles are also reasonably priced at \$5 for cookies, cornbread, brownies and other treats.

One patient I interviewed, "Jacob," talked about the atmosphere inside the co-op: "Except for a sign, there's nothing cannabis related. It looks like a doctor's office. When you walk in the front, there's a TV, magazines and crappy art on the walls. When you go in the back, it's different. You go in and its like walking into a jewelry store... there's glass cases and weed in jars. There's people of all ages. In fact, when I went there, the people were all elderly."

Jacob qualifies for medical marijuana because of a genetic condition. He has a type of muscular dystrophy, and, after seeing a specialist about the disease, was prescribed medical marijuana. A prescription is different than a medical card in that it expires after a year. Jacob explained that he was surprised to hear his doctor recommend the relief of marijuana.

"I went to learn about other things. When he found I was smoking already, he gave me a prescrip-



PHOTO COURTESY / MAX HONCH

Grey Area: Ambiguous policies on medical marijuana make policing the use and sale of weed tricky.

tion for it. He believes there are medical purposes," he said.

For Jacob, attaining a prescription was unexpected and fairly simple. However, patients seeking the relief of medical marijuana face numerous legal obstacles. For those without a medical marijuana card or prescription, marijuana is illegal in Washington State, and possession carries a minimum 24-hour jail sentence, along with a \$250 fine. Possession of any amount greater than 40 grams is a felony, punishable by up to five years in jail and a \$10,000 fine. Cultivation and sale in any quantity are automatic felonies as well.

Medical marijuana users are exempt from these penalties under Washington State law and are allowed to cultivate and possess a relatively large amount of weed— a 60-day supply under State statute RCW 69.51A.040. This is defined as up to 24 ounces of usable product and 15 plants. Any more than this and patients risk arrest and prosecution, al-

though medical need may be used as an affirmative defense in court.

While medical marijuana possession is legal under state law, the federal government considers marijuana a Schedule I controlled substance—patients are not immune from federal prosecution. On Oct. 19, 2009, the United States Attorney General's office released a statement clarifying the Department of Justice's position on marijuana in general and medical marijuana in particular. The guidelines set forth by Attorney General Eric Holder are contained in a memo written by Deputy Attorney General David W. Ogden. The statement lays bare the difficulties of containing the flow of drugs across borders and the violence and gang culture that illegal drug money fuels.

"The illegal distribution and sale of marijuana is a serious crime and provides a significant source of revenue to large-scale criminal enterprises, gangs and cartels. One

timely example underscores the importance of our efforts to prosecute significant marijuana traffickers: marijuana distribution in the United States remains the single largest source of revenue for the Mexican cartels."

This statement corroborates recent research by University of Washington Associate Professor of Sociology Katherine Beckett and Associate Professor of Geography Steve Herbert, who found that, "By 2006, 44 percent of the nation's roughly 1.9 million drug arrests involved only marijuana. In fact, most of the increase in the number of drug arrests since 1990 was caused by rising numbers of marijuana arrests. This pattern leads some experts to suggest that the war on drugs is, increasingly, a war on marijuana."

Combating cartels is a huge drain on the resources of the federal government and has recently left Holder embroiled in the so-called "Fast and Furious" scandal.

Kittredge Art Show emphasizes quality of students' work

By MARINA BALLERIA

Kittredge Gallery has been displaying student art since Nov. 14, greeting visitors with a bundle of black plaster hands hanging from the ceiling, a six-foot-tall wooden structure resembling a kaleidoscope and a gown of stitched leaves.

The rooms are packed with prints, paintings, multi-media installations, films and ceramic structures that are all hung, suspended and projected for the Art Students' Annual Exhibit. The aforementioned pieces are an untitled work by Erin Fremder, Allison Grimm's "1st Night" and Allie Jones' "Fall Fashion," respectively.

The exhibit is open until Dec. 10, so you only have tomorrow to take advantage of this artistic viewing opportunity before the show closes. I suggest taking the study break.

The Arts Administrator for the City of Tacoma, Amy McBride, curated this year's show. Students submitted up to three of their pieces, which McBride then culled into the standing exhibit.

Margaret Bullock, the Kittredge Gallery coordinator, said, "The artwork was chosen by quality and effort, not by assignment."

The resulting show is eclectic and represents a wide range of mediums, and each piece is impressively executed. Some students, many of them art majors, have all three of their pieces on display.

Rumor has it that McBride picked too many submissions, requiring a second selection round

so that the show would fit.

Just as the student body resigns itself to the library to huddle over laptops and print out reams of paper, it seems fitting to assemble work that students have made with their own hands.

As you walk through the gallery, there is a stark contrast between the physical creation of art and the more mundane activity of researching, paper writing and doing lab work.

These contrasting activities bring to mind a quote from Barthold Georg Niebur, the so-called father of historiography: "It is better to create than to be learned, creating is the true essence of life."

However, students often incorporate lessons from their classes into their artwork.

"It is better to create than to be learned, creating is the true essence of life"

—Georg Niebur

Andrew Koved playfully uses alphabet magnets to reveal the words of Voltaire's famous quote, "I disapprove of what you say but I will defend to the death your right to say it," onto a musical scale, titling his piece "Noted Speaker".

A print by Jenny Katz grapples with social issues; it creates a triptych of TV screens featuring African American families such as the Obamas and the Cosbys with "The cream always rises to the top," scrawled above the frames.



PHOTO COURTESY / ASHLEY KARDIAN

Self Portrait: Kelsey Vogan's *Self Portrait* exemplifies the quality of Puget Sound students' work.

Katz's piece is titled "The Meritocracy Myth".

Others demonstrate both a mastery of the techniques and inventiveness with the chosen medium.

Kristian Shuford's "cube" is a standard assignment for the Introductory Structure class to create a three-dimensional cardboard puzzle, but the intricacy of her work gives the piece artistic merit beyond the guidelines.

Yuri Kahan's work from Beginning Printmaking combines lithograph, watercolor and Sumi ink into an explosive piece whose sub-

dued colors bleed across the panels.

Next to Kahan's print are Abbie Baldwin's "Cave" and Laura Barrow's "Alaska," which are technically well executed using the pop style of screen-printing to depict moments in nature.

Erin Wheary's untitled piece is shown as a film, though the listed materials are "skewers and media." Wheary's work depicts the shadow of a figure crouching and rising back up in slow motion, with his or her head surrounded by a halo of cubes.

These are just a few of the many pieces that fill Puget Sound's Kittredge Art Gallery. I haven't even mentioned Ian Saad's "Spring Rain," which hangs small springs by clear threads in a well-balanced piece; or Andrew Grady's visceral "Suspension Platter" ceramic vessels; or Hattie Lindsley's "Propriety," an organic hanging metal orb covered by pantyhose; or Ardea Smith's highly realistic watercolor and pencil landscapes.

If you haven't gone already, it's time to go see for yourself.

Laws, Co-ops, and Users in Washington

The Los Angeles Times reported, “A federal operation dubbed ‘Fast and Furious’ allowed weapons from the U.S. to pass into the hands of suspected gun smugglers so the arms could be traced to the higher echelons of Mexican drug cartels. The Bureau of Alcohol, Tobacco, Firearms and Explosives, which ran the operation, has lost track of hundreds of firearms, many of which have been linked to crimes, including the fatal shooting of Border Patrol Agent Brian Terry in December 2010.”

A house committee subpoenaed Holder to testify on his knowledge of the operation. Holder admitted that his office did in fact know of the operation and that the willingness of his office to defend the Bureau of Alcohol, Tobacco, Firearms and Explosives was misguided. Holder drew additional criticism for his unwillingness to apologize to the family of Agent Terry, and 38 Republican members of congress have called for his resignation.

Although the motivations for Holder’s criticism appear blatantly partisan, Holder’s support of the war on drugs more generally has perhaps more distressing implications for medical marijuana patients.

One of these implications is that patients have no clear way of knowing whether their marijuana use indirectly supports such criminal activity. No one, from a street-level dealer to a large co-op, has any incentive to reveal where they acquire their supply, and to ask about the source of drugs is generally perceived as a nosy and suspicious faux pas.

Part of this reluctance is econom-

ic—no middleman wants to be cut out. But much of this hesitation stems from the need to cover up illegal activities legitimizing the flow of money from drug sales to large-scale crime. The paradox is obvious: the laws that seek to disrupt this flow in fact ensure its continued existence, and patients hazard the chance of being complicit.

When I asked Jacob if he knew where his weed came from, he said, “I’ve only known in one instance. I had a friend who was a farmer in Humboldt, and he helped out his neighbors who grew and gave me some of their weed...I do know some dealers who have told me that the weed they are buying [to sell on the street] is also being sold to the clubs.”

Another implication of the federal government’s stance is that patients are never safe from prosecution, despite their casual distance from the violence of the cartels. Holder’s office has made explicit concessions to the limited harm of medical marijuana use.

The 2009 statement explains that the “prosecution of individuals with cancer or other serious illnesses who use marijuana as part of a recommended treatment regimen consistent with applicable state law, or those caregivers in clear and unambiguous compliance with existing state law who provide such individuals with marijuana, is unlikely to be an efficient use of limited federal resources...This guidance regarding resource allocation does not ‘legalize’ marijuana or provide a legal defense to a violation of federal law.”

In other words, safety from collateral damage is not guaranteed. Pa-



PHOTO COURTESY / MAX HONCH

Relief: The Cannabis Club Cooperative provides marijuana to patients with legitimate perscriptions.

tients cannot be assured that they will not come under federal investigation, and supply chains often remain well hidden. The non-monetary social costs of such policies are difficult to calculate, but Beckett and Herbert indicated that these were significant factors in the harm caused by the policy stance of the Department of Justice.

Beckett and Herbert concluded that their findings indicated that “the enforcement of marijuana laws does not measurably reduce marijuana use or any harm that may be associated with it. We also conclude that the war on marijuana is quite costly, in both financial and human terms.”

How might students at the University of Puget Sound be affected? Under the Drug-Free Schools and Communities Act of 1986, the University is required to set policy based on both federal and state laws. This means that students who are medical marijuana patients can-

not medicate on school grounds or at school activities and that they face the same sanctions as recreational users if caught.

The campus-wide policy statement reads, “The University of Puget Sound prohibits the irresponsible or unlawful possession, use, or distribution of alcohol and drugs by students, faculty, and staff on university premises or as part of any of its activities. This Alcohol and Drug Policy is intended to meet, at a minimum, the requirements of all applicable federal and state laws.”

For those who live in the dorms, smoking is an endeavor often fraught with risk. I did not talk to any student-patients living in the dorms, as their incentive to admit to breaking a university policy, as well as discussing their medical condition, is fairly non-existent. Jacob, who lives off-campus, wasn’t worried about the University’s policy.

“If there was a patient who lives in the dorms, it would come to a

head. On personal level I could give a s***,” he said.

The future of legal medical marijuana nationwide remains as uncertain as the grey area of the co-op.

Despite Holder’s pronunciations, federal government raids on medical suppliers have elicited outrage in states such as Montana and California, raising questions of state sovereignty and federal law enforcement priorities.

The Cannabis Club Cooperative, for all its seeming professionalism and legitimacy, is an outpost of the contentious and violent flow of drugs from vendor to consumer which occurs unseen nearly everywhere in the United States.

For doctors, the co-op represents a pharmacy. For street dealers, it’s competition. For those suffering from chronic pain or disease, it represents a place to obtain relief—as long as they can legitimize their high.

Prof. Foster speaks: Resolute family and ‘Fragile X’ gene



PHOTO COURTESY / COURTNEY RIDGEL

Fragile X: Professor Foster gave a moving lecture on Tuesday telling the story of a family of carriers of the most common gene that causes mental retardation and autism.

By DANI SAGE

On Tuesday, Nov. 29, Professor Robin Foster presented a lecture focusing on the story of a family that carried a specific genetic mutation called Fragile-X, the gene that causes mental retardation and autism.

She plans on writing a book about the family’s story in order to help people gain a better understanding of the complications of the gene and how it affects both those who carry it as well as those who show symptoms. The gene mutation cannot be cured, unfortunately, but its effects can be controlled with medication.

The lecture began with the introduction of the family, more specifically the mother, who Foster called “Determined”—real names were

changed in order to protect the privacy of the family members. The mother had two children. One was from her first marriage, which ended in divorce. Determined later remarried and had another child, a boy called Zach who was diagnosed with autism.

Determined, Foster said, had thought it was her fault that her son had autism. She constantly looked for ways to help her son but could find none. Eventually, she found an article that detailed the discovery of the gene called Fragile-X.

Foster continued Determined’s tale by relating the experience the mother had, desperately trying to get her son tested to see whether he had the newly studied gene. Her initial attempts were unsuccessful; she

was told that Zach did not fit the profile the doctors and scientists were looking for.

After some time, Determined was finally able to make a case for her son. Foster explained that Fragile-X is the most common gene known to pass on the causes of mental retardation and autism. The symptoms vary, but they include autism, language and memory problems, sensitivity of the senses and poor social skills, to name a few.

The carrier of the gene—in this case the mother—shows few, if any,

“Determined, Foster said, had thought it was her fault that her son had autism. She constantly looked for ways to help her son but could find none.”

symptoms. In this case, the gene must have come from the mother because of Determined’s genetic history, but the gene can come from either the mother or the father. The carrier can pass the gene on to up to 50 percent of children born.

In this particular family there are five sisters who are all carriers of the Fragile-X gene. Three of the sisters have had children, all of whom have a 50-50 chance of inheriting the gene, which can worsen as it is passed on.

The opportunity this family presented to the scientific community was enormous, because they were able to map how the gene was

passed through three generations of family members. The University of Ohio wanted to study the family’s genetic map in order to gain a better understanding of how Fragile-X affected the family. The University offered free testing and counseling.

The first sister, who Foster called “Faith,” refused testing and encouraged her family to do the same for religious reasons. Determined was the second sister and wanted to know more about Fragile-X. The third sister, “Loyalty,” was torn between wanting to know more information and agreeing with her eldest sister. The gene had already affected the fourth sister, “Innocence.”

Innocence had a mental impairment and epilepsy. Although she was able to hold a job, her family became concerned when she met a man and wanted to get married. They worried about her safety and the possibility of passing on the gene. Her nephews even went so far as to kidnap her from her boyfriend’s home and bring her back to the family so she would be safe. Innocence protested but to no avail.

Innocence’s family wanted to have her sterilized in order to prevent the gene from being passed on to any children she might have. Despite their wishes, Foster explained, the family could not have her legally sterilized because of her right to self-determination—the ability to make her reproductive choices for herself. However, eventually, she agreed to live in a group home.

The fifth sister, “Reason,” was already married and wanted to have a family with many children. When she finally got pregnant, Reason decided to have an amniocentesis at 17

weeks to be tested for the Fragile-X gene. When the tests came back, she was told her baby boy had the gene mutation of the worst magnitude. A decision had to be made about what to do.

Reason and her husband both wanted a big family, but they wondered whether it would be possible to raise more kids with one already being disabled. Would there be enough money or enough time?

Eventually, Reason chose to get an abortion. She was worried that she and her husband would not be able to handle the responsibility of raising a child with such severe disabilities. Reason sent the fetus to be studied in South Carolina so that more could be learned about Fragile-X.

Sadly, Reason was unable to have any more children because of complications from the abortion. She and her husband wanted to try again. They moved to Washington and visited a doctor at the University of Washington to get advice.

There were many options, but they ended up not being pursued do to Reason’s divorce from her husband. Reason returned home to Ohio and eventually remarried.

The story Foster wove about this unique family was fascinating and moving. Although she is unsure how to present this story in her book, Foster said that there is a “pre-occupation with the science and not so much the people” in studies about autism and mental retardation. It is Foster’s hope that she will be able to change this perception of the Fragile-X gene and create a new perspective concerned with the affect it has on families who carry the gene.

Basketball enters conference with perfect record

With zero losses to their name, the Loggers hold strong on the court

By ANGEL JOHNSON

The Puget Sound men's basketball team stayed in perfect form during their weekend of games against Pacific on Friday, Dec. 2 and Willamette on Saturday, Dec. 3. These games also marked the beginning of the Loggers' conference season, making them 7-0 overall and 2-0 in the conference.

In the game against Pacific, the Loggers came out on top with a win, but Pacific fought for control throughout the game. Both teams had similar undefeated records, so it was important for the Loggers to win the game. The Loggers took an early lead, with help from senior Kaleb Shelton-Johnson (Tacoma, Wash.). Shelton-Johnson was fouled on a jumper, which gave the Loggers a 3-0 lead. After that, Pacific was trailing the Loggers for the rest of the game.

At one point during the second half, the Loggers led Pacific by 14 points, making the score 40-26. Pacific came back strong and attempted to take the lead, but it was useless against the Loggers' defense, and



Court-side: The Loggers are at a record of 2-0 in the Northwest Conference Series this season.

the Loggers beat Pacific 67-61. Shelton-Johnson led the Loggers with 17 points, while senior Julian Fernandez (Enumclaw, Wash.) added 10 points. Senior Anthony Gittens

(Tacoma, Wash.) finished the game with 16 points and nine rebounds. At the start of Saturday's game it was clear that Willamette did not stand a chance against the Loggers.

The only time during the game Willamette led the Loggers was during the first three minutes, but not long after, Gittens' layup would put Puget Sound ahead.

When halftime came around, the Loggers had a nine-point advantage against Willamette. At the beginning of the second half, Willamette momentarily came back into the game and closed in the point gap to catch up to the Loggers. However, the Loggers continued to control every aspect of the game and, once again, deepened the point gap between them and Willamette. They also forced 23 turnovers from Willamette, which helped them win the game 73-59.

During this game, Gittens led the Loggers in scoring with 17 points and seven rebounds. Senior Edric Egberuare (San Jose, Calif.) also added 12 points and seven rebounds for the Loggers, while Fernandez and freshman Derek Jobe (Puyallup, Wash.) each scored 11 points.

It is already apparent that this will be an eventful season for the Logger men's basketball team due to their smart game play, both offensively and defensively. This undefeated team will be playing their next game on Wednesday, Dec. 7 at Evergreen State.

B-cuts for Loggers over weekend



Splash: The Loggers make waves during the Husky Invitational with three qualifying times.

Swimming second NCAA Division III team in standings at the Husky Invitational

By HANNAH CHASE

The Loggers faced off against fierce competition as they raced against club teams and collegiate teams this past weekend at the Husky Invitational that was held Dec. 2-4 in Federal Way, Wash. However, in the first two days of competition one Logger exceeded all expectations.

Junior Aleksander Jeremikj (Skopje, Macedonia/Nova) turned in a great meet in the first days of the Husky Invite with a NCAA Division III "B" Cut. Jeremikj achieved his B-cut with a time of 50.19 in the 100 fly. He placed seventh in the event, which was the second highest-individual Logger finish during the meet.

The top individual Logger finish was in the 500 free with sophomore Derek Frenzel's (Moscow, Idaho) time of 4:40.93. It was the top time of all Division III swimmers at the Invitational.

Jeremikj and Frenzel also added their talent to the Logger men's 800

free relay team alongside teammates senior Adam Ganz (Cleveland, Ohio) and sophomore Teale Kitson (Durango, Colo.). With a time of 7:00.14, the relay team came in fourth place. Kitson and Ganz also placed in individual events at the meet. Kitson placed 14th in the 100 back with a 52.43 and Ganz finished 21st in the 50 free with a 21.55.

For the Logger women, senior Kenzie Kitson (Durango, Colo.) recorded the top finish with a 12th place finish in the 100 back with a recorded time of 59.25. Junior Tracy Wormwood (Elk River, Minn.) recorded a 1:07.32 in the 100 breast to finish in 21st place.

The women's 400 medley relay team took home 12th place with a 3:58.74, and although the 200 medley relay team took 16th place, the Logger women were the top finisher among the Division III teams at the Invitational with a time of 1:50.82.

On the final day of racing at the Husky Invitational on Dec. 4, three Loggers earned their NCAA Provisional Qualifying times. Jeremikj

recorded his second B-cut in the 200 fly with a time of 1:52.07. He finished fourth and achieved the highest individual finish of any Logger in the meet. Kitson also finished the day with a B-cut in the 200 back. He placed sixth with a time of 1:52.94.

Wormwood recorded the one and only B-cut for the women's team at the invitational with a 2:23.93 in the 200 breast. She placed ninth, which was the top placing for the Logger women. Sophomore Caitlin Fuller (Sherman Oaks, Calif.) earned a top finish with a time of 2:18.74 in the 200 fly.

Overall, the Puget Sound swim teams finished 11th at the Husky Invitational with a combined team score of 474. The Loggers were the second NCAA Division III team in the standings close behind Whitworth.

The Loggers will have the rest of December to rest before getting back into the pool for competition on Jan. 13 in a duel at Pacific.

Did you know....

The game of basketball was invented in 1891.

Basketball became an official Olympic event in 1936 in Berlin, Germany.

The NBA we know today was formed from the merging of the National Basketball League and the Basketball Association of America.

The original basket rims were made from peach baskets while the backboard was made from wire fencing.

The three-pointer shot was instituted after the 1978-79 basketball season.

Wishing You a Safe Winter Break



Be or Use a Designated Driver When You Celebrate

Sponsored by: Substance Abuse Prevention Programs

"We do organize the ski swap, which is one of the biggest fund raisers on campus and we use all the money we raise to help fund



Hey You...

Want to submit a Hey You? E-mail trailheyyou@pugetsound.edu or put one in the box in Diversions Cafe.

The Trail will never publish Hey Yous that explicitly refer to individuals or groups or are hateful or libelous in nature. A full description of the policy can be found at trail.pugetsound.edu.

HEY YOU, Occupy the Hey Yous!

HEY YOU, Modern Physics lab TA from last year. You're pretty awesome. Totally into you.

HEY YOU, Bloomberg! You may have taken the park away but now you'll learn that it's an awful lot hard-

er to evict an idea from the Agenda. #occupytheagenda #nicholaskristof

HEY YOU, Blonde guy in my intro P&G. I see the way the you look at me sometimes. Maybe you should say hi instead of hanging in Diversions all the time.

HEY YOU, UPS Student! Don't let apathy rule your political conscience, break free and Occupy!

HEY YOU, I saw you blink, and I missed your eyes, your blue eyes. :)

HEY YOU, Quit censoring the HEY YOUS!

HEY YOU, Cheers to E*** T****!

Many thanks for buying my dinner the other night. Your spontaneous kindness is awesome! Have fun spending those extra points.

HEY YOU, The status quo is f***ed. At least somebody is saying something about it. #occupy

HEY YOU, Sonnet of the week: When I have fears that I may cease to be / Before my pen has glean'd my teeming brain, / Before high-piled books, in charactery, / Hold like rich garners the full ripen'd grain; / When I behold, upon the night's starr'd face, / Huge cloudy symbols of a high romance, / And think that I may never live to trace / Their shadows, with the magic hand of chance; / And when I feel, fair creature of an hour, / That I shall never look upon thee more, / Never have relish in the faery power / Of unreflecting love;--then on the shore / Of the wide world I stand alone, and think / Till love and fame to nothingness do sink.

HEY YOU, SENIORS: Give a s*** about your school and donate to the Senior Class Gift! It's cheap and 100 percent of the donations go directly to Student Financial Aid. THAT MEANS IT'S AWESOME! Don't know much about it? Find someone who does! <3 Senior Class Gift

Contributor.

HEY YOU, Words! Occupy the pages of my thesis please.... pretty please?

HEY YOU, Facilities: Not down.

HEY YOU, Sex: supported by ASUPS XOXO

HEY YOU, UC system! Stop brutalizing nonviolent protestors #occupyucdavis #occupyucberkeley

HEY YOU, FRUMPY friend, I hope you don't peace out TOO soon. After all, we haven't found the best pie... in the history of pie. May there be much adventure time to come!

HEY YOU, School. Thanks for spending all of that money on the commencement walk that's already cracking.

HEY YOU, Let's have seizures together!

HEY YOU, Flute playing, Bio Major, I want to Occupy you!

HEY YOU, I'd catch you in a Premier Ball, my precious Linoone.

HEY YOU, Let's Occupy reality for a minute and realize that we're all

graduating sooner or later and that what's going on in the rest of the country is relevant to us.

HEY YOU, Stargazer, with my boyfriend out of the picture, I'm suddenly feeling the attraction to your gravitational pull.

HEY YOU, Brilliant, Montana-bound housemate! This isn't quite a front-page feature, but here's me saying good luck. I'll go ahead and speak for the rest of the house in saying that we love you and we'll miss you like crazy.

HEY YOU, Swim team, if you keep talking there's going to be a pogrom in the front room of Collins real soon.

HEY YOU, lion-haired ginger goddess, your locks are inspiring and sexy.

HEY YOU, politics, everyone has been talking about the Job Creators, but what about the Blow Job Creators? Whoever can improve that situation has my vote.

HEY YOU, I think it's great you have a girlfriend. But try not to ditch your friends because of her.

THE HAPPY TRAIL A Weekly Sex Column

Making the bedroom a “happier” place...

Embrace sexuality Taking time off necessary for both school *and* sex

By ANNA FAPMAN

The other day, I was at a party talking to a very respectable fellow: cute, well-versed and utterly filthy when drunk. Every conversation would quickly devolve into a deluge of extended metaphors about his monstrous appendage (or so he said).

After a while, this well-endowed raconteur dissolved entirely into giggles. Tears in his eyes, he apologized to me, the only woman in his audience: “Sorry, I think about sex all the time!”

I snorted, “It’s okay, I do too!” then plied my face into fake seriousness.

No laughs.

The drunken bard shifted his eyes, muttered something under his breath and turned to talk to his bros, who in turn glared at me and clutched their jungle juice a little tighter.

“Hey!” I wailed. “Why is it okay for a man to think about sex constantly but not for a woman?”

But my indignant roars fell upon deaf ears.

Fact 1: your ears rarely function properly when you are the human embodiment of a dick.

Fact 2: trying to be a feminist out loud often comes with a side of embarrassment. Thanks, society.

Announcing that my mind was a filthy dungeon had essentially ostracized me from the rest of my delicate vagina-wielding cohorts. I had become a slut. Clearly I had been trying to make this guy think of me sexually.

But then I realized that no, I didn’t say it because I wanted to bang this self-proclaimed bedroom god.

I said it because I was bonding with the guy! It was a human connection based on something that we all shared—or at least I thought we all shared.

Turns out, while men are allowed to turn any mentioned orifice into a long-winded vaginal metaphor, the most I can do is giggle along like the delicate flower that I am.

Screw that, man. I want to think about sex. All day, every day. Well, save for family functions.

This is one of the reasons Suzy and I write “The Happy Trail.” We want female sexuality to be loud and proud. We don’t want it to be hiding behind the occasional mildly lewd double-entendre, or the suppressed guffaw at some guy’s nasty euphemism.

I want us to make our own jokes. I want us to talk about getting off on a mutual level, not as though my mentioning, say, my vibrator, is a desperate attempt to get you in my pants. I want us to bond over sexuality rather than having to toe the virgin/whore line.

Thanks for reading this semester, you sexy things. You’re encouraging Suzy and I to disseminate our filthy minds—and we’re going to go ahead and say that’s a good thing.

Have a good winter break, and happy trails to you all!

studies and spirits that is college life.

And while hooking up may be more fun than, say, your impending 12-page paper, sometimes you also need to take a sex (or making out or going down) break.

The same rules apply: you take a breath, you re-examine yourself, you think about what really makes you feel good...

Sex can be a lot like your homework. If you push yourself to get a lot of it done without really thinking about it, you may end up exhausted and unfulfilled. This is coming from a girl who has partaken in one-night stands and regretted nothing but the loss of a wayward earring.

But circumstance matters. When you end up in some guy’s bed because you’re drunk and just found out that your ex has moved on, this can end in tears and trying to find your way home at four in the morning, dramatically sobbing at the “Do Not Enter” sign on the street corner because IT IS A METAPHOR FOR YOUR LIFE.

If you’re lucky. Sometimes it ends

with you staying the night, waking up the next morning to the taste of stale beer and the weight of regret. Maybe a few ill-placed hickies.

It’s tough, because you always think you can handle it. You are invincible and need a little love. You can handle an essay at 2 a.m., why can’t you handle an empty hook-up?

But in the end, it’s important to acknowledge your own fallibility. You need a break after a semester of school—you may need a break after a relationship. Even if it was short.

We have such a stigma in society against getting emotional—but damn, feelings hurt.

And often, when you’re heading over to that rebound’s house late at night, there’s a little nagging voice that tells you that this is not what you really want. Even if you’re supposed to be strong. Even if you’re supposed to be not care. Even if you’re supposed to be sexy, sassy and independent.

The moral of this story is: Embrace your feelings. Embrace the break. It’s a refresher course in your own identity.



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MELANCHOLIA (R)

Two sisters find their already strained relationship challenged as a mysterious new planet threatens to collide into the Earth.

Fri: 2:50, 5:40, 8:30
Sat-Sun: 11:50am, 2:50, 5:40, 8:30
Mon-Thurs: 2:50, 5:40, 8:30

TAKE SHELTER (R)

Plagued by a series of apocalyptic visions, a young husband and father questions whether to shelter his family from a coming storm, or from himself.

Fri-Sat: 1:30, 4:00, 6:30, 9:00 Sun: 4:00, 6:30, 9:00
Mon: 1:30, 4:00, 6:30, 9:00 Tues: 4:00
Wed-Thurs: 1:30, 4:00, 6:30, 9:00

THE DESCENDANTS (R)

A land baron (George Clooney) tries to re-connect with his two daughters after his wife suffers a boating accident.

Fri: 1:55, 4:25, 6:55, 9:20
Sat-Sun: 11:25am, 1:55, 4:25, 6:55, 9:20
Mon-Thurs: 1:55, 4:25, 6:55

THE WAY (PG-13)

A father (Martin Sheen) takes a journey to fulfill the dream of his late son (Emilio Estevez).

Fri: 2:35, 5:25, 8:05 Sat-Sun: 12:00, 2:35, 5:25, 8:05
Mon-Thurs: 2:35, 5:25, 8:05

Rare Exports (R)

Sun: 2:05 • Tues: 2:05, 6:30, 9:00
Don't miss this Christmas cult classic! It'll be a holiday tradition at the Grand!



Only \$7 with Student ID!

By VIRGINIA CUMMINGS

It’s that time of month again. “Jane” wakes up, pops the next placebo in her birth control pack, and goes to the bathroom to change her pad.

Like many women, Jane wears pads to bed to avoid the time restrictions of tampons and sleep through the night. While admittedly less comfortable, she enjoys the freedom of sleeping for a delicious 12 hours straight on weekends without worrying about the rare chance of TSS. But this morning, something is wrong.

Perhaps the insides of her thighs are purple and swollen. Perhaps the skin on her pubic mound is red and scaly. In any case, her skin feels and looks all wrong. She, like thousands of other unacknowledged women, is suffering an allergy to the chemicals in her pad.

This scary and humiliating condition is one which goes virtually unrecognized yet has a very real presence, often requiring antibiotics for treatment.

An attempt to research hard facts about feminine hygiene product allergies brings up shockingly little; almost all information available is the result of individual testimonies, outcries for help and information.

What little information there is suggests that allergies can manifest at any time; a woman who has used pads before is not safe from a sudden onset.

Pads most likely to cause reactions often include “odor lock” or other scent-oriented chemicals, with the Always brand standing out as particularly prevalent in allergy causation.

Perhaps it’s worth waking up a couple hours earlier to change your tampon after all.

New movie releases to keep in mind for the final weeks of 2011

By JACK GILBERT

By the time this goes to print, we'll all be done with class and gearing up for finals. As the semester comes to a close, so does 2011, and with that, the end of yet another Hollywood movie cycle.

This year was especially notable for the record-breaking number of sequels produced: 27.

Looking at the top ten highest grossing movies of the year, only two were not sequels, *The Smurfs* and *Rio*, and only one was a new IP. *Harry Potter and the Deathly Hallows: Part 2*, *Transformers: Dark of the Moon*, and *Pirates of the Caribbean: On Stranger Tides* all broke \$1 billion in the global box office, while the other seven were situated a bit closer to \$500 million a piece.

So what's left? With a bit less than a month left in the year, and just one week of school to look forward to, I'm sure many a Logger will visit the theater at least once over break. Here's a list of some of the more compelling movies to look forward to while at home.

Although it has been in theaters since Nov. 11, *Melancholia* sounds like a must-see for avid film-lovers. Directed by Lars von Trier and premiered at Cannes Film Festival in May, *Melancholia* stars Kirsten Dunst and Kiefer Sutherland in a film about two women and their reactions to Earth's cataclysmic collision with a rogue planet.

Von Trier conceived the idea while suffering from depression, when he learned that depressed people are more likely to remain calm in stressful situations because they assume bad things will happen regardless of their actions.

Already bolstered by critical acclaim, *The Descendants* was also released earlier in the fall, on Nov. 18. Directed by Alexander Payne, *The Descendants* is a comedy-drama starring George Clooney and Shailene Woodley based on the

novel of the same name. The film was shot on location in Hawaii and features music by Hawaiian artists. Currently the film holds a 90 percent "fresh" rating on Rotten Tomatoes.

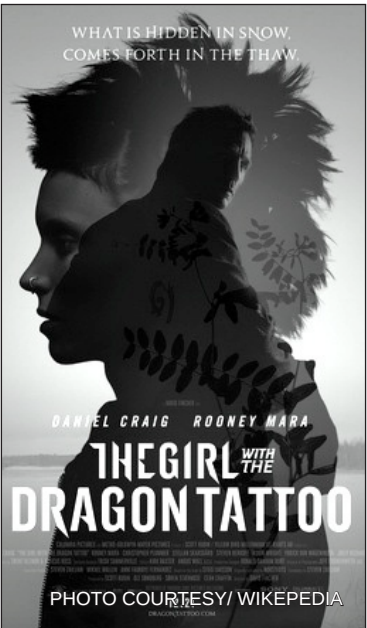
Released on Nov. 23, *Hugo* marks Martin Scorsese's first foray into the world of digital animation and 3-D film. Based on the novel *The Invention of Hugo Cabret*, the movie is set in Paris, and tells the tale of a young boy who builds clocks with his uncle who is trying to fix an old machine. A far cry from his older works, the film stars Chloë Moretz, Sacha Baron Cohen and Jude Law.

Also released on Nov. 23, *A Dangerous Method* is David Cronenberg's latest film and features his third consecutive collaboration with Viggo Mortensen.

Alongside an ensemble cast featuring Vincent Cassel, Keira Knightley and Michael Fassbender, *A Dangerous Method* is based on Sigmund Freud (Mortensen) and Carl Jung's (Fassbender) fragile relationship with Sabina Spielrein (Knightley), who becomes involved in their work. This is, to my knowledge, one of very few Cronenberg films lacking his signature violence, as he exemplified best in his 2005 film, *A History of Violence*.

Another film to keep in mind over winter break is *Shame*, which released on Dec. 3. In this Steve McQueen directed film, Michael Fassbender plays a sex-obsessed yuppie living in New York. McQueen also directed the 2008 film *Hunger*, which received an impressive amount of international acclaim.

Shame is rated NC-17, so it will likely be difficult to track down, but may very well prove worthy. Notable film critic Roger Ebert said of *Shame*, "...this is a great act of filmmaking and acting. I don't believe I would be able to see it twice." Apparently entertained, Ebert gave the



film four stars.

Set to release just in time for Christmas on Dec. 21, *The Girl With The Dragon Tattoo* is David Fincher's latest film and stars Daniel Craig as detective Mikael Blomkvist, alongside Rooney Mara as the titular character, Lisbeth Salander.

The film marks Fincher's second collaboration with Nine Inch Nails' frontman, Trent Reznor, who composed the score for the film and also won an Academy Award for last year's work with Fincher on *The Social Network*'s soundtrack.

The film is based on Stieg Larsson's novel, which was also made into a Swedish film in 2009 and led to its explosive international success. However, Fincher has made it clear that his film is not intended to be a remake of the Swedish film.

Fincher, who also directed monumental dramatic thrillers such as *Fight Club*, *Seven* and *Zodiac*, is probably the most apt American filmmaker to accomplish the challenge of improving upon the exceptional Swedish film that already exists.

How to manage your stress with a healthy diet

By MICHELLE CURRY

Reading period is quickly approaching and stress levels are up the wazoo. How do I know this? Within 48 hours of arriving back on campus, three of my perfectly healthy housemates were stricken with various colds and general sickness.

We spent Thanksgiving break eating loads of great food and enjoying time with family and friends, but now it's back to our routines and countless hours studying in the library, meaning finals are upon us.

In these next few weeks, think about including the foods this article mentions in your daily diet while stress levels are high. Studies have shown that food and stress can be related. Certain foods can increase stress level while others may stabilize or even lower your level of stress.

Include slow digesting carbs: whole grain bagels or oatmeal are great options. The carbohydrates provide feel-good serotonin from the brain and stabilize blood sugar.

Pistachios (or almonds/walnuts) provide stress-busting potassium to lower the amount of cortisol in your system. Almonds provide vitamin E and a range of B vitamins that will help buff your immune system and ward off stress hormones.

The satisfying crunch from raw veggies does more than you may think. The crunch factor allows your jaw to release tension, and you can also feel good about getting in your veggie quota!

Drink some milk! Specifically drinking warm milk (perhaps a vanilla steamer from Diversions?) can remedy insomnia and make for a less restless night of sleep. Also, the calcium will help to ease anxiety.

Red bell peppers contain vitamins A and C and folate, which provide energy and repair cells damaged by stress.

All foods that are rich with B vi-

tamins are the ultimate de-stressors. B vitamins provide a calming feeling that help to ease stress and anxiety. A few foods that fall into this category are lentils, quinoa and chickpeas.

It's easy to add good foods to your diet, but you may also want to try to avoid certain foods until after finals. Here are a few culprits that may be wreaking havoc with your stress and anxiety levels.

Caffeine of any kind will raise your stress and hormone levels and have an overall heightening effect on your anxiety level. Food items with lots of trans fatty acids may provide an instant boost of energy, but in the end will result in a slump and deplete your immune system.

Simple carbohydrates can cause stress, and with high amounts of trans fatty acids and sodium, they may increase blood pressure levels. Breads, white pastas and sausages are a few foods that should be avoided in excess.

Sugary treats are great simple fixes occasionally, but if you are constantly on a sugar rush your blood sugar is never stable. Creating stable blood sugar is a prime way to reduce anxiety. To have consistent blood sugar, avoid candies and dried fruit with added sugars and fruit juices. Substitute whole fruits instead, since the fiber from the fruits slowly releases the sugars and maintains the balance in blood sugar.

And finally, alcohol is a substance that should be avoided entirely or minimized while under high stress, particularly if you are already finding it difficult to receive adequate sleep. Alcohol impairs quality of sleep and ability to think clearly.

Also, remember to eat like a "king for breakfast, a prince for lunch, and a pauper for dinner." You are essentially eating the most before doing the most. This ensures you have the most fuel to sustain you throughout the day and are able to focus all day.

Good luck to you all and happy noshing!



WISE WORDS FROM THE STANDUP COMEDIANS AT CLUB RENDEZVOUS

Jeff Winograd: "My father summed it up best when he told me before he died—I mean, he's still living but he said this before he died—he said, 'If we do not change our direction soon, we run the risk of ending up exactly where we're going.' When he told me this, I did not know he meant; he said it in Yiddish. But after three and a half years at an expensive liberal arts college, I think I finally understand. I'm a shmuck for paying this much!"



Jeff Nickels: "...I asked the docent in this one art museum where the bathroom was. She said, 'Go down past the Dutch Masters, take a left at Cezanne and take a right after Manet and the pointilists.' And I was like, 'Wasn't Monet an impressionist?' And she got all mad and said, 'No, Manet! God, haven't you taken an art history course?'"

All hail 2011's rock goddesses

By SAMI ROSS

WARNING: If you have experienced a crying jag in the past 24 hours due to excessive consumption of pregnant Beyonce photos or Adele songs, I highly suggest you take some time to detox before reading on.

For my final article of 2011, it seemed appropriate to reflect on one of the most awesome musical trends this year: female domination. Of course, female artists still have many industry-imposed hurdles to overcome.

Now, I'm not talking about the Lady Gagas and Katy Perrys of the world; they have received plenty of attention for their talents. In fact, I haven't entirely decided if flashy pop stars are taking control of their sexuality or continuing to conform to male standards, but that's another story.

In this list, I've included old favorites with new talent, and regardless of any preconceived notions you may have, give them all a fair listen because fashion choices do not correlate with musical talent.

1. tUnE-yArDs
Under her project, tUnE-yArDs, Merrill Garbus performs musical magic by mixing folk-rock with R&B, funk, and the sweet sounds of the ukulele. Her sophomore album, "w h o k i l l," is a must-hear for any music lover. Garbus' voice is gently

husky and mildly ambiguous, and also unexpectedly powerful so it's almost impossible to imagine any other singer performing her songs. Garbus is a fan of wild stage make-up and flamboyant outfits, but she is one of those rare cases where the aesthetics do not overshadow the actual quality of the music.

2. Lykke Li
Swedish songstress Lykke Li made a surprisingly wonderful transformation sometime between 2008 and 2011. With her latest album, *Wounded Rhymes*, Li went from being a white bread pop star to a serious artist. She is clearly self-conscious about her last record, and her latest album, though still swoony pop, has quite the edge. Her music is always solemn without being depressing and sweet without lacking substance.
3. Bjork
When I was younger, my dad would play Bjork and I'd refer to her as "space music." With her eighth album *Biophilia* fresh off the press, it's safe to say that Bjork still possesses that *je ne sais quoi* that makes her so strange and so memorable. Bjork's cat-like vocals still crawl all over her experimental beats like they did back in the 90s and it's impressive how, despite her age, she has continued to live on the forefront of experimental music.
4. PJ Harvey

Like Bjork, PJ Harvey is another musician who has continued to sound as fresh as she did when she joined the music scene over two decades ago. Her latest album, *Let England Shake*, is a fine example of beautiful, eccentric English folk-rock. Lyrics like, "Pack up your troubles, let's head out to the fountain of death and splash about, swim back and forth and laugh out loud," prove that there are brains behind the beauty.

5. Suz Slezak
The David Wax Museum is one of the best new folk bands in America today, thanks in part to the talents of female vocalist and percussionist, Suz Slezak. The band's unique indie Mexo-Americana sound already sets them apart from the mainstream folk scene, but what also makes them memorable are Slezak's excellent skills on the donkey jawbone.

Slezak is the only woman in the band, and, along with her jawbone skills, she also plays a mean fiddle. Check out the David Wax Museum for an opportunity to hear her lead an otherwise all-male band.

MORE WOMEN WHO ROCKED OUT IN 2011: St Vincent, Zola Jesus, Lana del Rey, Syd the Kyd, Feist, Florence + the Machine, Willow Smith, and...okay, okay, Kesha, Taylor Swift, Beyonce, Rihanna, Lady Gaga, Adele and Katy Perry.

‘Bakerita’ Rachel Conners as sweet as her treats

By MOLLY BROWN

No matter what kitchen she is using, “Bakerita,” Puget Sound freshman Rachel Conners, always has a plan. Conners is a long-time baker and has her own food blog on her creations. Since Conners’ arrival to college, her blog Bakerita.com has featured some low-maintenance dorm treats.

When Conners first began baking, it was a personal project, but as her undertaking grew larger, she was encouraged to share her work.

“Baking for me started as a stress-reliever, but as I got more passionate about it, my sister encouraged a food blog. Because I’ve always enjoyed writing as well, I figured it would be a fun way to share my recipes,” Conners said.

Baking for Conners is not just a hobby; it’s a way of life. Her blog illustrates the fact that she lives and breathes each recipe that she posts. Conners also uses baking as a way to reach out.

“I still love the sense of calm that it brings me, but even more than that is how it makes other people happy. Baking at school has been great. Seeing a line of people in my room waiting for a scoop of apple crumble or a chocolate chip cookie is priceless,” Conners said.



PHOTO COURTESY/RACHEL CONNERS

Bakerita: Conners’ food blog is peppered with delicious recipes and her own culinary enthusiasm.

With a shift from her kitchen at home to a dorm kitchen, Conners is becoming more adept at baking in all types of kitchen environments. Her blog features a section of recipes entitled “Dorm-life Eats” which include no-bake cookies and a decadent microwave chocolate cake.

Conners understands the limitations put upon those who attempt to bake in the dorm kitchen. Now after experiencing the limited kitchen, Conners has advice for other fellow dorm bakers.

“Pick recipes with few ingredients. It will definitely make life easier to have to deal with [few-

er] ingredients in the little dorm kitchens. Also, make a lot. All your dorm mates will want to get in on some home-cooked food,” Conners said.

The “Bakerita” food blog is designed for any level of expertise in baking. Conners’ recipes are clearly written, yet she provides

warmth in her instruction. Another fantastic aspect of the blog is the pictures of the food. With each recipe a beautiful presentation is made that looks delicious and is aesthetically pleasing.

The blog is designed to help during the baking process. A section of the page includes “helpful hints” for the baker that’s in trouble. Along with advice, Conners offers her e-mail on the page in the case of any unanswered questions.

However, it isn’t just Conners’ followers who are learning from her blog—Conners is still learning from her baking experience too, and always trying to expand her knowledge. Holding herself to a high standard of creativity, Conners consistently tries to add her own sweet touch on all of the treats she creates.

“I try to create flavor combinations that most people don’t think about. I try to put a unique spin on the classics, whether it’s a cranberry lime muffin or a chocolate pumpkin cookie,” Conners said.

From Bakerita.com’s beginning, to its present point in time, Conners’ work remains impressive. Despite dorm kitchen limitations, Conners continues to update the blog with superb treats. For more recipes and information on Rachel Conners, visit www.bakerita.com.

CELEBRATING THE HOLIDAY SEASON WITH ADELPHIAN CONCERT CHOIR



PHOTO COURTESY/CHRIS SPALDING

Adelphians: Last Saturday night, the Adelphian Concert Choir and its a cappella subgroup, Voci d’Amici, began their set of three performances over the weekend, starting with their holiday concert titled, “Before the Marvel of This Night.” The repertoire included multicultural holiday music which celebrated Christmas and Hannukah in a variety of languages including English, Latin, Hebrew and Spanish. The choir was also accompanied by members of the String Orchestra for several songs throughout their masterful set, namely “Silent Night.” Many audience members broke out into smiles throughout the performance, apparently moved by the beatifully sung yet familiar holiday melodies. Melanie Reiff, a senior in the Adelphians’ alto section, said, “I always look forward to the Adelphian Winter Concert. Singing holiday music with this wonderful choir is a great way to usher in the season.”

Above: Choir director, Dr. Steven Zopfi, leads the choir and the audience during a Christmas carol sing-along.

Below: Choir members serenade the audience during their opening number, “African Noel.”



PHOTO COURTESY/CHRIS SPALDING

Child’s Play, a unique Seattle-based charity provides video games for hospitalized children

By WALT MITCHELL

Any child of the 90s who’s worth his weight in Pogs will remember those sleepless winter nights, the Christmas Eves whose distant, golden mornings promised Gameboys, Pokemon cards and Super Mario.

Those of us who still harbor warm memories of the games that shaped our childhood do well to pass on that joy to those who need it most. Children in hospitals across the country receive much-needed toys and games donated by gamers giving back and mediated by the charity organization Child’s Play.

Child’s Play was founded by Mike Krahulik and Jerry Holkins, creators of seminal gaming webcomic Penny Arcade. The Seattle-based duo bemoaned the negative image of the gaming community as violent and antisocial and rebuked critics by founding the charity in November of 2003—their first drive raised over \$250,000 in toys and donations for the Seattle’s Children’s Hospital and Regional Medical Center, Newswire reported.

Since then the charity has expanded to countries like England, Egypt and New Zealand, drawn a number of corporate and celebrity sponsors including Nintendo, Google and Wil Wheaton, and collected an inspiring cumulative total over \$10 million.

Hospitals provide Child’s Play with “wishlists” of toys, books and games, and contributors

can go on Amazon.com to fulfill these specific needs. Cash donations are just as welcome.

Money is raised through a number of intermediaries, including the annual Child’s Play Charity Dinner, which features an auction of game-related treasures and an appearance in a Penny Arcade strip. The sixth annual Charity Dinner was held last night in Bellevue. Donations from the auction will bolster a strong 2011 total that passed the \$1 million mark in November.

The charity has inspired a handful of third-party drives like the Mario Marathon, an idea of web developer Brian Brinegar. Brinegar and chums attempt to play through the Super Mario series nonstop and streaming to an online audience—viewers unlock new levels by making donations. Their website claims that the Mario Marathon has raised over \$235,000 for Child’s Play since its inception in 2008.

One of the most successful contributors to the charity is the Humble Indie Bundle, an experiment of Wolfire Games that has since broken off into an independent company.

The Bundle is a pay-what-you-want pack of independent, DRM-free games that lets the buyer decide where his money will go—to the starving game developers, to the Bundle organizers or to Child’s Play. The Bundle has brought in over \$7 million since May of 2010.

This year’s Child’s play fundraiser is looking to be their biggest yet, so keep your eyes open for the fourth Humble Indie Bundle, out this holiday season

(on humblebundle.com), and consider making a donation to a charity that is saving Christmas with video games. Visit childisplaycharity.org/testimonials for touching proof of the very real impact Child’s Play and its supporters have on so many families.

One parent writes, “To be sitting there with your child who can barely move for all the tubes and wires connected to him, who hasn’t been able to eat for days and hasn’t been home in weeks, who can’t remember the last time he didn’t feel awful and wonders if he’ll ever feel good again, and have him laugh out loud when he crashes his go-kart in a video game... well, there aren’t words so I won’t try.”

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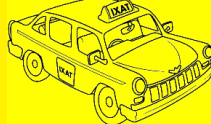


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